



**Sundaram  
Medical  
Foundation**

DR. RANGARAJAN MEMORIAL HOSPITAL



# Preventive Healthcare Packages

## About us ....

Sundaram Medical Foundation - Dr Rangarajan Memorial Hospital (SMF) was founded by Dr. S.Rangarajan, a visionary in bringing affordable, community centered healthcare to India. Proudly marching to three decades of providing ultramodern yet affordable healthcare services, this secondary care multi speciality hospital has an array of facilities from diagnostic to therapeutic, prevention to rehabilitation all under one roof.

We at SMF aim at providing evidence based medical care, rendered through state - of - the - art technology, internationally benchmarked skill sets and most importantly with 'humane touch'

## How healthy you are?

Good Health is the foundation of a productive and rewarding life. Today's lifestyle has brought with it stress, unwholesome eating habits and inadequate rest. Coupled with elevated levels of pollution and lack of exercise, these factors are bound to gradually take their toll on us. Yet, most of us tend to ignore these facts until we are compelled to confront a medical condition. On the other side people who have been diagnosed with medical conditions are at risk of developing associated complications in the absence of routine monitoring.

## Preventive Healthcare packages

Health screening is one of the quintessential services of the hospital that attempts to reduce health costs by early diagnosis and appropriate treatment. Keeping in concern with today's lifestyle, the packages in this program are designed to give you a complete check-up and within their limitations, not only detect any latent health problems but also manage to prevent complications arising out of existing medical conditions.

Our team of highly qualified and experienced medical personnel has developed the Health Check Program. This program helps you to know as to how your current lifestyle is affecting your health. Helps reduce chances of various disease and conditions. Gives you a comprehensive analysis of your vital body functions. The exclusively dedicated Health Check wing presents you with a comfy environment and our Health check team will be there to attend to anything you might need to ensure that you are at ease throughout the programme. In addition, our packages are offered at special discounted rate that truly make them worthwhile for you and your loved ones.

Get a health check today and take care of your most precious Gift - Your Health.

## Basic Health Checkup

### Complete Blood count

Hemoglobin  
Platelet count  
Total count  
Differential count  
Red Blood Cell count

### Diabetic profile

FBS & PPBS (Diabetics)  
Glycosylated Heamoglobin (HbA1c)

### Lipid profile

Total cholesterol  
Triglycerides  
HDL, LDL cholesterol  
VLDL  
Total cholesterol/HDL cholesterol ratio

### Kidney function tests

Urine routine  
Serum Creatinine

### Imaging

ECG - Resting STD 12 leads

### Thyroid Profile

(Free T4/TSH)

### Physician Consultation

*Breakfast / Coffee / Water will be provided*

**RATE\***

**Rs.3,100/-**

\*Tariff is subject to change without notice.

Special counseling for adult vaccinations and sexual health upon request

## Master Health Checkup

### Hemogram

Hemoglobin  
Packed cell volume  
Total count  
Differential count  
ESR  
Blood grouping & Rh typing

### Diabetic profile

GTT (Non-diabetics & potential diabetics)  
FBS & PPBS (Diabetics)  
Glycosylated Hemoglobin (HbA1c)

### Lipid profile

Total cholesterol  
Triglycerides  
HDL, LDL cholesterol  
Total cholesterol/HDL cholesterol ratio

### Kidney function tests

Urine routine  
Serum Creatinine

### Thyroid Profile

(Free T4/TSH/Free T3)

### Stool for occult blood

### Imaging

ECG - Resting STD 12 leads  
X-ray chest

### Others

PAP SMEAR

### Physician Consultation

### ENT Consultation

### Ophthal Consultation

### Dental Checkup & Advice

### Diet Counseling

*Breakfast / Coffee / Water will be provided*

**RATE\***

**Rs.4,100/-**

\*Tariff is subject to change without notice.

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## Executive Health Checkup (EHC)

|   |   |
|---|---|
| <b>Hemogram</b>   | Hemoglobin<br>Packed cell volume<br>Total count<br>Differential count<br>ESR<br>Blood grouping & Rh typing    |
| <b>Diabetic profile</b>   | GTT (Non-diabetics & potential diabetics)<br>FBS & PPBS (Diabetics)<br>Glycosylated Hemoglobin (HbA1c)        |
| <b>Lipid profile</b>  | Total cholesterol<br>Triglycerides<br>HDL, LDL cholesterol<br>Total cholesterol/HDL cholesterol ratio<br>VLDL |
| <b>Kidney function tests</b>  | Urine routine<br>Serum Creatinine<br>Serum Electrolytes (Sodium, Potassium)                                   |
| <b>Thyroid Profile</b>  | (Free T4/TSH/Free T3)   |
| <b>Stool for occult blood</b>   |   |
| <b>Imaging</b>  | ECG - Resting STD 12 leads<br>X-ray chest<br>Ultrasound Abdomen   |
| <b>Liver function tests</b>   | Total bilirubin<br>Total protein<br>SGOT/SGPT<br>Alkaline phosphatase<br>Gamma GT                             |
| <b>Others</b>   | Uric Acid<br>Pap smear  |
| <b>Physician Consultation</b><br><b>ENT Consultation</b><br><b>Ophthal Consultation</b><br><b>Dental Checkup &amp; Advice</b> |   |
| <b>Diet Counseling</b>  |   |
| <i>Breakfast / Coffee / Water will be provided</i>  |   |
| <b>RATE*</b>  | <b>Rs.6,100/-</b>   |

\*Tariff is subject to change without notice.

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# Advanced Health Checkup

## Complete Blood count

Hemoglobin  
Platelet count  
Total count  
Differential count  
Red Blood Cell count

## Diabetic profile

GTT (Non-diabetics & potential diabetics)  
FBS & PPBS (Diabetics)  
Glycosylated Hemoglobin (HbA1c)

## Lipid profile

Total cholesterol  
Triglycerides  
HDL, LDL cholesterol  
VLDL  
Total cholesterol/HDL  
cholesterol ratio

## Kidney function tests

Urine routine  
Renal Package  
(BUN, Sodium, Potassium, Creatinine)

## Thyroid Profile

(Free T4/TSH/Free T3)

## Stool for occult blood

## Liver function tests

Total bilirubin  
Total protein  
SGOT/SGPT  
Alkaline phosphatase  
Gamma GT

## Imaging

ECG - Resting STD 12 leads  
X-ray chest  
Ultrasound - abdomen

## Others

PSA for Men / Pap Smear for Women  
Vitamin B12  
Vitamin D3

## Physician Consultation

## ENT Consultation

## Ophthal Consultation

## Dental Checkup & Advice

## ECHO SCREENING

("It may be done on subsequent days. Inconvenience Regretted.")

## Diet Counseling

*Breakfast / Coffee / Water will be provided*

**RATE\***

**Rs.11,100/-**

\*Tariff is subject to change without notice.

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## Diabetic Package

| Basic Package   | Comprehensive Package  |
|---|--|
| <ul style="list-style-type: none"> <li>▪ PLASMA GLUCOSE FASTING</li> <li>▪ PLASMA GLUCOSE POST PRANDIAL</li> <li>▪ GLYCOSYLATED HEAMOGLOBIN (HbA 1c)</li> <li>▪ LIPID PROFILE</li> <li>▪ CREATININE - SERUM</li> <li>▪ URINE - ROUTINE</li> <li>▪ URINE MICRO ALBUMIN</li> <li>▪ ECG</li> <li>▪ BLOOD UREA NITROGEN</li> <li>▪ CHEST PA VIEW</li> <li>▪ DIET COUNSELLING</li> <li>▪ COMPLETE BLOOD COUNT (CBC)</li> <li>▪ GENERAL / FAMILY PHYSICIAN CONSULTATION</li> <li>▪ OPHTHAL CONSULTATION</li> <li>▪ BASIC FOOT EVALUATION</li> <li>▪ VASCULAR ASSESSMENT - FOOT</li> </ul> | <ul style="list-style-type: none"> <li>▪ PLASMA GLUCOSE FASTING</li> <li>▪ PLASMA GLUCOSE POST PRANDIAL</li> <li>▪ GLYCOSYLATED HEAMOGLOBIN (HbA 1c)</li> <li>▪ LIPID PROFILE</li> <li>▪ CREATININE - SERUM</li> <li>▪ URINE - ROUTINE</li> <li>▪ URINE MICRO ALBUMIN</li> <li>▪ ECG</li> <li>▪ BLOOD UREA NITROGEN</li> <li>▪ CHEST PA VIEW</li> <li>▪ DIET COUNSELLING</li> <li>▪ HAEMOGRAM.</li> <li>▪ SGOT / SGPT</li> <li>▪ DENTAL CHECKUP &amp; ADVICE</li> <li>▪ DIABETOLOGIST CONSULTATION</li> <li>▪ OPHTHAL CONSULTATION</li> <li>▪ BASIC FOOT EVALUATION</li> <li>▪ PEDOBAROGRAPH TEST</li> <li>▪ ECHO SCREENING</li> <li>▪ ULTRASOUND ABDOMEN SCREENING</li> <li>▪ VASCULAR ASSESSMENT - FOOT</li> </ul> |
| <i>Breakfast / Coffee / Water will be provided</i>  |  |
| <b>RATE*</b>  | <b>RATE*</b>   |
| <b>Rs.5000/-</b>  | <b>Rs.8000/-</b>   |

\* Tariff is subject to change without notice.

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## **Frequently asked questions (FAQs)**

### **There are many health care packages available in the city? What is so special about SMF?**

The packages designed by SMF are highly affordable and especially this is a day care package ie test reports\* review with physician are done on the same day. (pap smear & HBsAg will be given later)

### **Who is eligible for preventive health screening?**

Any individual over the age of 18 years can undergo health check up.

### **How often I should undergo health check up?**

At SMF, we recommend annual screening. However, you can choose to perform these tests as per your family physician's advice.

### **My doctor advised certain tests which are not there in your screening package. What should I do?**

If you would like to do investigations apart from what is included in the package, you can show the lab request given by your doctor while billing for the test or request our doctor regarding the need for such test. They will advise you accordingly. Extra tests come at an additional cost.

### **I am already taking medications for BP and sugar. Should I take them on the day of test?**

Yes. Please bring your regular medications on the day of test and take them as usual with a glass of water only. In case you are taking medicines for thyroid problems, please skip the medicines until you meet the doctor. If you have any doubts talk to our executives at 044-26144445 (8.30 - 4 pm).

### **If I want to meet other specialty doctors on the day of test, can you refer me?**

On the day of test you will be examined and evaluated by our exclusive team of doctors at health screening department. If a referral is found appropriate during the course of evaluation, it will be done at a mutually convenient time/date.

### **Do you provide food/water on the day of test?**

Breakfast / Coffee / Water will be provided. You can make use of the canteen for the same.

### **Where can I make my complaints if any?**

We strive for excellence. In case of grievances, please contact OP Services Head - 9941007672 / 73.

## INSTRUCTIONS FOR HEALTH CHECK PROGRAM

- **Kindly come on any day of the week between 7.30 & 8.30 a.m. on empty stomach.**
- **Kindly collect the empty container from the Lab for stool sample**
- **Do not discontinue current medications, if any. In case of any doubt please talk to your consultant on appointment.**
- **KINDLY BRING YOUR SPECTACLES (IF YOU ARE USING)**



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### **In Patient Services**

Shanthi Colony, IV Avenue,  
Anna Nagar, Chennai - 600040.  
Ph : 044-26144100

### **Out Patient Services**

SP-75, Sidco Industrial Estate,  
Kambar Salai, Ambattur,  
Chennai - 600058. (near Wavin Signal)  
Ph : 044-26144100, 261444373  
Mob : 9941007672 / 75

### **Annexe (IP&OP Services)**

302, AF31, Block 89,  
4th Avenue, Shanthi Colony,  
Anna Nagar, Chennai - 600040.  
Ph : 044-26144100

**Website : [www.smf.in](http://www.smf.in)**

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## FACILITIES AT MAIN HOSPITAL

### CLINICAL & SURGICAL

- ❖ CRITICAL CARE MEDICINE  
ADULT/PAEDIATRIC/NEONATAL
- ❖ EMERGENCY - ADULT/PAEDIATRIC
- ❖ IN-PATIENT FACILITIES
- ❖ LABOUR WARD
- ❖ OPERATION THEATRE
- ❖ DEVELOPMENTAL THERAPY &  
HIGH RISK INFANT CLINIC
- ❖ WALK IN CLINIC

### SUPPORT SERVICES

- ❖ AMBULANCE SERVICE
- ❖ DIALYSIS
- ❖ ECG/ECHO/TREADMILL TEST
- ❖ ENDOSCOPY
- ❖ IMAGING SCIENCES - XRAY/USG/CT
- ❖ LABORATORY SERVICES
- ❖ MORTUARY SERVICES
- ❖ CAN-STOP (SOCIAL WORK)
- ❖ PHARMACY
- ❖ PATIENT RELATIONS DEPT.
- ❖ HOME CARE SERVICES
- ❖ INSURANCE
- ❖ PHYSIOTHERAPY
- ❖ LACTATION COUNSELLING
- ❖ NUTRITION SUPPORT SERVICES
- ❖ CANTEEN / CAFETERIA



## FACILITIES AT SMF ANNEXE OUTPATIENT / INPATIENT SERVICES

### CLINICAL & SURGICAL

- ❖ OPHTHOAEDICS
- ❖ ENT
- ❖ GENERAL SURGERY /
- ❖ SURGICAL SPECIALITIES
- ❖ FAMILY MEDICINE & PHC
- ❖ GENERAL MEDICINE
- ❖ PAEDIATRICS / PAEDIATRIC  
SPECIALITIES
- ❖ OBSTETRICS & GYNAECOLOGY
- ❖ WALK-IN CLINIC

### SUPPORT SERVICES

- ❖ PHYSIOTHERAPY
- ❖ X-RAY
- ❖ ECG ROOM
- ❖ LABORATORY
- ❖ PHARMACY



# FACILITIES AT OP CENTRE

## CLINICAL & SURGICAL

- ❖ ANAESTHESIOLOGY
- ❖ CARDIOLOGY
- ❖ CARDIOTHORACIC SURGERY
- ❖ DENTAL & MAXILLOFACIAL SURGERY
- ❖ DERMATOLOGY
- ❖ DIET COUNSELLING
- ❖ ENDOCRINOLOGY
- ❖ ENT
- ❖ FAMILY PRACTICE
- ❖ GENERAL SURGERY
- ❖ GERIATRICS
- ❖ HAEMOTOLGY / HAEMOTO ONCOLOGY
- ❖ HEALTH CHECKUP
- ❖ HISTOPATHOLOGY LAB
- ❖ INFECTIOUS DISEASES
- ❖ INFERTILITY
- ❖ INTERNAL MEDICINE
- ❖ MEDICAL GASTROENTEROLOGY
- ❖ MEDICAL ONCOLOGY
- ❖ NEPHROLOGY
- ❖ NEUROLOGY
- ❖ NEUROSURGERY
- ❖ OBSTETRICS & GYNAECOLOGY
- ❖ OPHTHALMOLOGY
- ❖ ORTHOPAEDIC SPINE SURGERY & TRAUMA CARE
- ❖ PAEDIATRICS
- ❖ PAEDIATRIC NEPHROLOGY
- ❖ PAED, SURGERY / PAED. UROLOGY
- ❖ PAEDIATRIC CARDIOLOGY
- ❖ PAEDIATRIC NEUROLOGY
- ❖ PAEDIATRIC NEUROSUREGERY
- ❖ PAEDIATRIC HAEMOTOLGY
- ❖ PAEDIATRICS / NEONATOLOGY
- ❖ PAIN CLINIC
- ❖ PLASTIC SURGERY / DIABETIC FOOT SERVICES
- ❖ PULMONOLOGY
- ❖ PSCHIATRY & CLINICAL PSYCHOLOGY
- ❖ RHEUMATOLOGY
- ❖ SURGICAL ONCOLOGY
- ❖ UROGYNAECOLOGY
- ❖ UROLOGY & ANDROLOGY
- ❖ VASCULAR SURGERY

## SUPPORT SERVICES

- ❖ AUDIOMETRY/SPEECH THERAPY
- ❖ ECG/PFT (Lung Function Test) / ECHOCARDIOGRAPHY
- ❖ IMAGING SCIENCES  
(XRAY / ULTRASOUND / MRI)
- ❖ PHARMACY
- ❖ LABORATORY SERVICES
- ❖ PHYSIOTHERAPY





## SMF Home Care Services Care you can trust

*The best in quality Home Health Care Services since 1994*



### HOME CARE SERVICES - Doctor / Nurses visit

Lab Services : Ph: 9551677448

Home Care Co-ordinators : Ph: 9094003310



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Home Care Department  
Phone : 044 - 26144540

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*Beauty is when you appreciate yourself, When you love  
yourself, that's when U are most beautiful*